

Question 1

4 / 4 pts

True or False. If false, explain why it is false.

Nutritional value and taste are often the 2 most important reasons specific foods are consumed in North America.

Your Answer:

False, taste and texture are often the two most important factors

False: *Taste and texture* are often the 2 most important reasons specific foods are consumed in North America.

Question 2

4 / 4 pts

True or False. If false, explain why it is false.

Nutrition is the science that links foods to health and weight.

Your Answer:

false, nutrition is the science that link food to health and disease, weight being an aspect of both

False: Nutrition is the science that links foods to health and *disease*.

Question 6

4 / 4 pts

Multiple Choice:

A _____ is needed in large amounts in the body, whereas _____ are needed in small amounts.

- ☐ Inorganic; macronutrient
- ☐ Micronutrient; macronutrient
- ☒ Macronutrient; micronutrients
- ☐ Inorganic; micronutrient
- ☐ Macronutrient; inorganic

Correct!

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Question 18

1.33 / 4 pts

Match the following health message with the correct concept.
The health messages conveyed by the MyPlate illustrates the concepts of:

You Answered

Balance

Increase consumption of

Correct Answer

Calorie and portion size

You Answered

Moderation

Calorie and portion size

Correct Answer

Increase consumption of some groups and limit consumption of others

Correct!

Variety

Consume all food groups

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